

**EPIC Canadian 5K**  
**Friday 1 July 2016**

Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
1	1097	Bryan Hipson	Yarmouth	NS	CA	1/25	M50-59	18:23	18:24	3:41
2	1358	Jack Cunningham	Dartmouth	NS	CA	1/29	M01-19	18:35	18:37	3:44
3	1292	Blair Joseph Thomas Mill	Halifax	NS	CA	2/29	M01-19	18:40	18:40	3:44
4	1559	Nicholas Buckler	Halifax	NS	CA	1/14	M20-29	18:39	18:41	3:45
5	1505	Mason Goulden	Halifax	NS	CA	2/14	M20-29	18:39	18:42	3:45
6	1100	Drew Moore	Halifax	NS	CA	1/28	M30-39	18:42	18:44	3:45
7	1507	Mathieu Rocheleau	Dartmouth	NS	CA	2/28	M30-39	18:44	18:47	3:46
8	1560	Jenna MacDonald	New Glasgow	NS	CA	1/47	F20-29	18:44	18:47	3:46
9	1678	Robert Langille	Halifax	NS	CA	1/47	M40-49	18:49	18:49	3:46
10	1588	Kayte-Lynn Kowal	Halifax	NS	CA	2/47	F20-29	19:33	19:35	3:55
11	688	Shawn Beaton	Dartmouth	NS	CA	3/28	M30-39	19:37	19:39	3:56
12	1125	Jarvis Googoo	Halifax	NS	CA	4/28	M30-39	19:37	19:40	3:56
13	1202	Jon Hoskin	Dartmouth	NS	CA	3/14	M20-29	19:43	19:45	3:57
14	1190	Paul Oliver	Halifax	NS	CA	2/47	M40-49	20:18	20:21	4:05
15	691	Jacob Halloran	Guysborough	NS	CA	3/29	M01-19	20:23	20:31	4:06
16	1309	Derrick Priest	Belmont	NS	CA	5/28	M30-39	21:05	21:07	4:14
17	1068	Stacy Chesnutt	Dartmouth	NS	CA	1/89	F40-49	21:08	21:10	4:14
18	1087	Kerry Coolen	Bridgewater	NS	CA	6/28	M30-39	21:17	21:23	4:17
19	1280	Anas (bassil) Alassad	Halifax	NS	CA	7/28	M30-39	21:40	21:43	4:21
20	725	Denita Hammond	Halifax	NS	CA	1/104	F30-39	21:47	21:47	4:22
21	1504	Brian Andrew	Kitimat	BC	CA	4/14	M20-29	21:43	21:47	4:22
22	1039	Heather Baillie	Yarmouth	NS	CA	2/104	F30-39	22:12	22:15	4:27
23	1185	Matthew Graham	Wabash	IN	US	8/28	M30-39	22:21	22:27	4:30
24	1184	Sarah Graham	Wabash	IN	US	3/104	F30-39	22:21	22:27	4:30
25	1656	Jonathan McDade	Halifax	NS	CA	9/28	M30-39	22:22	22:31	4:31
26	1329	Debbie MacDonald	New Glasgow	NS	CA	1/75	F50-59	22:34	22:38	4:32
27	169	Rhys Dixon	Canning	NS	CA	4/29	M01-19	22:36	22:43	4:33
28	1287	Christopher Spurr	Dartmouth	NS	CA	5/14	M20-29	22:23	22:46	4:34
29	1120	Ryan Couture	Dartmouth	NS	CA	10/28	M30-39	22:50	22:55	4:35
30	1026	Samantha Knee	Lawrencetown	NS	CA	3/47	F20-29	23:03	23:06	4:37
31	1232	Mike McDonald	Crouses Settlem	NS	CA	11/28	M30-39	23:02	23:09	4:38
32	1584	Mike Kennedy	Dartmouth	NS	CA	12/28	M30-39	23:02	23:12	4:39
33	1114	Dana Mason	Cole Harbour	NS	CA	2/89	F40-49	23:08	23:14	4:39
34	1271	Ben Fricker	Dartmouth	NS	CA	6/14	M20-29	22:40	23:18	4:40
35	1558	Hannah Brown	Halifax	NS	CA	4/47	F20-29	23:21	23:26	4:42
36	1503	Monique Muise	Halifax	NS	CA	5/47	F20-29	23:28	23:32	4:43
37	1344	Daniel Ross	Halifax	NS	CA	3/47	M40-49	23:32	23:35	4:43
38	1130	Kenneth Evoy	Beaver Bank	NS	CA	13/28	M30-39	23:30	23:37	4:44
39	1022	Thomas J Mitchell	Conquerall Bank	NS	CA	2/25	M50-59	23:43	23:50	4:46
40	1002	Doug Graham	Halifax	NS	CA	3/25	M50-59	23:46	23:51	4:47
41	1373	Pat Kennedy	Urbania	NS	CA	1/11	M60-69	24:00	24:04	4:49
42	1478	Christine Pound	Halifax	NS	CA	4/104	F30-39	24:00	24:10	4:50
43	1367	David McCurdy	Truro	NS	CA	5/29	M01-19	24:05	24:15	4:51
44	1676	Scott Keeping	Timberlea	NS	CA	4/47	M40-49	24:09	24:15	4:51
45	1088	Andre Dessureault	Dartmouth	NS	CA	5/47	M40-49	24:20	24:25	4:53
46	1055	Safoura Zadeh	Halifax	NS	CA	5/104	F30-39	24:20	24:26	4:54
47	178	Gregg Loughman	Nolensville	TN	US	6/29	M01-19	24:18	24:28	4:54
48	1572	Josh Tucker	Dartmouth	NS	CA	7/29	M01-19	24:08	24:35	4:55
49	1502	Francine Wieliczko	Cochrane	AB	CA	3/89	F40-49	24:24	24:35	4:55
50	1679	Anna Mancini	Halifax	NS	CA	6/47	F20-29	23:40	24:36	4:56
51	1090	Terry Stoodley	Halifax	NS	CA	6/47	M40-49	24:22	24:37	4:56
52	1014	Patricia Power	Cole Harbour	NS	CA	6/104	F30-39	24:34	24:39	4:56
53	1094	Scott Lawson	Hfx	NS	CA	4/25	M50-59	24:33	24:41	4:57

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
54	1070	Don Perry	Halifax	NS	CA	7/47	M40-49	24:22	24:44	4:57
55	1080	Kent Rees	Elmsdale	NS	CA	14/28	M30-39	24:37	24:45	4:57
56	1135	James McMillin	Halifax	NS	CA	5/25	M50-59	24:40	24:48	4:58
57	1220	McKenna Colin	Waverley	NS	CA	8/29	M01-19	24:48	24:51	4:59
58	1131	Rob Kennedy	Bedford	NS	CA	15/28	M30-39	24:46	24:51	4:59
59	1545	Brent Rhynold	Kentville	NS	CA	8/47	M40-49	24:22	24:53	4:59
60	1672	Emily Bishop	Dartmouth	NS	CA	7/47	F20-29	24:51	24:55	4:59
61	1675	James MacDougall	Dartmouth	NS	CA	9/47	M40-49	24:51	24:56	5:00
62	1025	Joanne Henneberry	Wellington	NS	CA	4/89	F40-49	24:55	24:58	5:00
63	1264	Darren Emino	Blockhouse	NS	CA	10/47	M40-49	24:57	25:05	5:01
64	1366	Chris Broyden	Eastern Passage	NS	CA	6/25	M50-59	25:01	25:06	5:02
65	1596	Carlton McDonald	Eastern Passage	NS	CA	11/47	M40-49	25:06	25:10	5:02
66	1663	Jennie Orr	Halifac	NS	CA	8/47	F20-29	25:04	25:14	5:03
67	1069	Phil Reid	Halifax	NS	CA	2/11	M60-69	25:15	25:19	5:04
68	1127	Adam Sherlock	Cow Bay	NS	CA	12/47	M40-49	25:03	25:21	5:04
69	1034	Corina Frank	Truro	NS	CA	2/75	F50-59	25:17	25:28	5:06
70	167	Matt Whitman	Hammonds Plains	NS	CA	13/47	M40-49	24:30	25:34	5:07
71	1337	Oliver Baker	Kentville	NS	CA	9/29	M01-19	25:33	25:36	5:08
72	1141	Laura Miles	Howie Center	NS	CA	7/104	F30-39	25:28	25:42	5:09
73	1291	Lindsay Blair Miller	Halifax	NS	CA	7/25	M50-59	25:42	25:51	5:11
74	1375	Hayden Hickey	Iqaluit	NU	CA	10/29	M01-19	25:45	25:52	5:11
75	1347	Danielle McCracken	Cole Harbour	NS	CA	9/47	F20-29	25:48	25:57	5:12
76	1518	Ken Hetherington	New Glasgow	NS	CA	1/4	M70+	25:55	25:59	5:12
77	1369	Cara Allaway	Yellowknife	NT	CA	5/89	F40-49	25:47	26:01	5:13
78	1083	Maki Morozumi	Tokyo		JP	8/104	F30-39	25:40	26:03	5:13
79	179	Andrew Middleton	Halifax	NS	CA	16/28	M30-39	25:59	26:09	5:14
80	1290	Cathy Coody	Halifax	NS	CA	3/75	F50-59	26:20	26:29	5:18
81	1372	Lauren Koval	Dartmouth	NS	CA	9/104	F30-39	26:21	26:33	5:19
82	113	Ken Hammel	Canada	NS	CA	8/25	M50-59	26:22	26:36	5:20
83	1162	Andrew Younger	Dartmouth	NS	CA	14/47	M40-49	26:32	26:40	5:20
84	1266	Michael Drenth	Hebbsville	NS	CA	15/47	M40-49	26:20	26:41	5:21
85	1508	Shawna Rees	Elmsdale	NS	CA	10/104	F30-39	26:36	26:43	5:21
86	1018	Janine Boutilier	Brookside	NS	CA	4/75	F50-59	26:39	26:45	5:21
87	1140	Brenda Kennedy	Dartmouth	NS	CA	6/89	F40-49	26:36	26:47	5:22
88	1189	Theresa Halliday	Halifax	NS	CA	7/89	F40-49	26:49	26:53	5:23
89	1056	Tanya Park	Digby	NS	CA	11/104	F30-39	26:40	26:57	5:24
90	1662	Jim Rankin	Mount Uniacke	NS	CA	16/47	M40-49	26:37	26:57	5:24
91	1063	Milinda Hedges	Middle Sackvill	NS	CA			26:46	26:58	5:24
92	1058	Harm Geurs	Beechville	NS	CA	8/89	F40-49	26:46	27:03	5:25
93	1606	Heidi Bartoch	Eastern Passage	NS	CA	1/29	F01-19	26:52	27:04	5:25
94	692	Clare MacKenzie	Hammonds Plains	NS	CA	5/75	F50-59	26:49	27:05	5:25
95	1038	Jill Girgulis	Dartmouth	NS	CA	2/29	F01-19	27:01	27:06	5:26
96	1067	Jeffrey Goodine	Dartmouth	NS	CA	17/28	M30-39	26:53	27:08	5:26
97	1126	Courtney Sherlock	Cow Bay	NS	CA	12/104	F30-39	26:53	27:10	5:26
98	1003	Amy D	Dartmouth	NS	CA	13/104	F30-39	26:56	27:10	5:26
99	1263	Heather Emino	Blockhouse	NS	CA	14/104	F30-39	26:51	27:12	5:27
100	1260	Christian Lyons	North Chegoggin	NS	CA	11/29	M01-19	27:00	27:15	5:27
101	1498	Holly Lavigne	Hatchet Lake	NS	CA	9/89	F40-49	26:58	27:17	5:28
102	1199	Jennifer Mosher	Dartmouth	NS	CA	15/104	F30-39	26:50	27:19	5:28
103	1021	Alison Dunn	Kidderminster		GB	6/75	F50-59	27:21	27:26	5:30
104	1212	Zachary Valois	Hammonds Plains	NS	CA	12/29	M01-19	27:02	27:27	5:30
105	1302	Jennifer Morris	Bedford	NS	CA	3/29	F01-19	27:17	27:27	5:30
106	1192	Jillian Small	Halifax	NS	CA	16/104	F30-39	27:29	27:35	5:31

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107	1193	Christian Richards	Halifax	NS	CA	18/28	M30-39	27:29	27:35	5:31
108	1102	Kimberly MacKenzie	Halifax	NS	CA	10/89	F40-49	26:51	27:37	5:32
109	1050	Mike Butler	Middle Sackville	NS	CA	17/47	M40-49	27:26	27:38	5:32
110	1371	Earl MacLeod	Dartmouth	NS	CA	18/47	M40-49	27:19	27:44	5:33
111	1164	Barb Munn	Lawrencetown	NS	CA	7/75	F50-59	27:26	27:49	5:34
112	1115	Wanda McClellan	Truro	NS	CA	8/75	F50-59	27:43	27:50	5:34
113	1116	John McClellan	Truro	NS	CA	9/25	M50-59	27:44	27:50	5:34
114	1138	Chris Richards	Dartmouth	NS	CA	19/47	M40-49	27:43	27:53	5:35
115	1320	Rita MacAulay	Dartmouth	NS	CA	17/104	F30-39	27:41	27:53	5:35
116	1513	Sandy Jesty	Halifax	NS	CA	19/28	M30-39	27:46	27:55	5:35
117	1665	Mr. David :~d Draper	Antigonish	NS	CA	20/28	M30-39	27:19	27:56	5:36
118	1241	Darren Bonaparte	Dartmouth	NS	CA	20/47	M40-49	27:54	27:58	5:36
119	1134	Joanne Arbuthnott	Dartmouth	NS	CA	18/104	F30-39	27:49	27:59	5:36
120	1666	Nancy Cook	Bedford	NS	CA	9/75	F50-59	27:52	28:07	5:38
121	1500	Amanda Dominix	Dartmouth	NS	CA	19/104	F30-39	28:09	28:16	5:40
122	109	Christie Hammel	New Glasgow	NS	CA	10/75	F50-59	28:02	28:17	5:40
123	182	Luke Ellis	Dartmouth	NS	CA	13/29	M01-19	28:06	28:18	5:40
124	1077	Lori Whitman	Halifax	NS	CA	11/89	F40-49	28:14	28:18	5:40
125	1041	Erica Croke	Halifax	NS	CA	20/104	F30-39	28:14	28:22	5:41
126	1119	Sean Dixon	Canning	NS	CA	21/47	M40-49	28:11	28:22	5:41
127	1592	Riley Chamberlain	Timberlea	NS	CA	14/29	M01-19	28:25	28:31	5:43
128	1604	Lindsay Britten	Dartmouth	NS	CA	10/47	F20-29	28:27	28:37	5:44
129	1571	David McKenzie	Dartmouth	NS	CA	10/25	M50-59	28:12	28:37	5:44
130	1255	Amy Barrette	Halifax	NS	CA	11/47	F20-29	28:32	28:42	5:45
131	1380	Mandy Hickey	Iqaluit	NU	CA	12/89	F40-49	28:29	28:42	5:45
132	1079	Jenny Koutroulakis	Lower Sackville	NS	CA	21/104	F30-39	28:41	28:44	5:45
133	1251	Lydia Mans	Dartmouth Ns	NS	CA	22/104	F30-39	28:41	28:44	5:45
134	1188	Susan Shaw	Fredericton	NB	CA	11/75	F50-59	28:48	28:50	5:46
135	689	Jody Wood	Halifax	NS	CA	13/89	F40-49	28:47	28:55	5:47
136	1007	Barry Morshead	Halifax	NS	CA	11/25	M50-59	28:50	28:55	5:47
137	1531	Mike Jessome	West Chezzetcoo	NS	CA	3/11	M60-69	28:26	28:56	5:48
138	1603	Emilie Lapointe	Dartmouth	NS	CA	12/47	F20-29	28:53	29:04	5:49
139	1317	Andrea Duncan	New Ross	NS	CA	14/89	F40-49	28:51	29:10	5:50
140	1218	Margaret Sawler	Waverley	NS	CA	12/75	F50-59	29:02	29:18	5:52
141	1525	Jim Ross	Halifax	NS	CA	4/11	M60-69	29:00	29:18	5:52
142	1200	Jay Espino	Halifax	NS	CA	7/14	M20-29	28:55	29:19	5:52
143	1306	Natalie Scully	Timberlea	NS	CA	23/104	F30-39	29:09	29:19	5:52
144	1307	Danica Scully	Timberlea	NS	CA	4/29	F01-19	29:09	29:20	5:52
145	1037	Jeannette Miller	Hammonds Plains	NS	CA	1/16	F60-69	29:20	29:20	5:52
146	1549	Janice Fiander	Dartmouth	NS	CA	13/75	F50-59	29:22	29:28	5:54
147	1327	Kelly Heath	Chicago	IL	US	24/104	F30-39	29:16	29:32	5:55
148	1187	Patty Gaunce	Florenceville-B	NB	CA	14/75	F50-59	29:31	29:33	5:55
149	1028	Shawn Gilligan	Bedford	NS	CA	21/28	M30-39	29:15	29:34	5:55
150	1210	Ann Thaw	Halifax	NS	CA	2/16	F60-69	29:32	29:36	5:56
151	1181	Danielle Cullen	Dartmouth	NS	CA	25/104	F30-39	29:25	29:38	5:56
152	176	Carly Bouchard	Dartmouth	NS	CA	26/104	F30-39	29:25	29:39	5:56
153	1357	Chelsea Sawatzky	Dartmouth	NS	CA	27/104	F30-39	29:32	29:40	5:56
154	1381	April Rose Ash	Dartmouth	NS	CA	28/104	F30-39	29:30	29:41	5:57
155	1301	Sara Aloysius	Halifax	NS	CA	13/47	F20-29	29:30	29:41	5:57
156	1670	Niki Foley	Hammonds Plains	NS	CA	14/47	F20-29	29:25	29:42	5:57
157	1239	Nicole Miller	Fall River	NS	CA	5/29	F01-19	29:21	29:44	5:57
158	1577	Nicole Power	Hammonds Plains	NS	CA	6/29	F01-19	29:11	29:46	5:58
159	1608	Bill Hayes	Elmsdale	NS	CA	22/47	M40-49	29:18	29:49	5:58

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
160	1607	Lisa Wheatley	Enfield	NS	CA	15/75	F50-59	29:18	29:49	5:58
161	1124	Shawna Murdock-Moore	Halifax	NS	CA	16/75	F50-59	29:44	29:55	5:59
162	1105	Derek Mackendrick	Middle Sackvill	NS	CA	12/25	M50-59	29:13	29:58	6:00
163	1078	Doreen Redmond	Halifax	NS	CA	17/75	F50-59	29:45	30:05	6:01
164	1072	Syed Shah	Halifax	NS	CA	22/28	M30-39	29:44	30:05	6:01
165	1576	Jessica Power	Hammonds Plains	NS	CA	7/29	F01-19	29:42	30:17	6:04
166	1089	Sydney Smith	Halifax	NS	CA	18/75	F50-59	29:51	30:17	6:04
167	1658	David Roberts	Halifax	NS	CA	23/47	M40-49	29:49	30:23	6:05
168	1687	Marlene Horne	Dartmouth	NS	CA	19/75	F50-59	29:51	30:25	6:05
169	1217	Bruce Knapton	Lower Sackville	NS	CA	5/11	M60-69	30:10	30:29	6:06
170	1054	Eric L. Ross	Dartmouth	NS	CA	13/25	M50-59	29:35	30:29	6:06
171	1224	Mark Bowerman	Hubley	NS	CA	15/29	M01-19	30:14	30:31	6:07
172	1575	Dave Power	Hammonds Plains	NS	CA	24/47	M40-49	30:01	30:35	6:07
173	1354	David Cameron	Heatherton	NS	CA	23/28	M30-39	29:46	30:36	6:08
174	1032	Donna Ross	Lower Sackville	NS	CA	20/75	F50-59	29:51	30:43	6:09
175	1499	Paula Power	Middle Sackvill	NS	CA	29/104	F30-39	30:09	30:44	6:09
176	1324	Jessie Collett	Dartmouth	NS	CA	8/29	F01-19	30:30	30:45	6:09
177	177	Maria Rooyakkers	Rr1 West Bay Ro	NS	CA	21/75	F50-59	30:22	30:47	6:10
178	1174	David Tobin	Cow Bay	NS	CA	14/25	M50-59	30:42	30:50	6:10
179	1057	Laura Whatley	Lower Sackville	NS	CA	30/104	F30-39	30:38	30:52	6:11
180	1297	Darryl Corkery	Dartmouth	NS	CA	25/47	M40-49	30:22	30:59	6:12
181	1333	Juli Grady	Dartmouth	NS	CA	15/89	F40-49	30:59	31:01	6:13
182	1593	Kenneth Chisholm	Hubley	NS	CA	8/14	M20-29	30:36	31:03	6:13
183	1092	Colleen Scott	Barrington	NS	CA	31/104	F30-39	31:04	31:08	6:14
184	1065	Lisa Gardner	Halifax	NS	CA	32/104	F30-39	30:36	31:08	6:14
185	1209	Gillian Good	Halifax	NS	CA	15/47	F20-29	30:48	31:09	6:14
186	1064	Danielle Gardner	Halifax	NS	CA	33/104	F30-39	30:36	31:09	6:14
187	1581	Simonne Allaway	Upper Tantallon	NS	CA	3/16	F60-69	31:04	31:11	6:15
188	1183	Beverly Jamieson	Port Hawkesbury	NS	CA	4/16	F60-69	30:45	31:12	6:15
189	1254	Monica MacDonald	Halifax	NS	CA	16/47	F20-29	31:03	31:14	6:15
190	1314	Joy Sevigny	Cambridge	NS	CA	17/47	F20-29	31:00	31:19	6:16
191	1315	Cody Ward	Cambridge	NS	CA	9/14	M20-29	31:00	31:19	6:16
192	1118	Cheryl Huett	Coldbrook Stati	NS	CA	22/75	F50-59	30:52	31:23	6:17
193	1547	Karine Babineau	Halifax	NS	CA	16/89	F40-49	31:16	31:25	6:17
194	1013	Andrea Hodder-Mcisaac	Dartmouth	NS	CA	17/89	F40-49	31:12	31:27	6:18
195	1517	Allison Duggan	Hubley	NS	CA	18/47	F20-29	31:03	31:33	6:19
196	1661	Judy Camm-Hoadley	Truro	NS	CA	23/75	F50-59	31:42	31:49	6:22
197	1219	McKenna Mike	Waverley	NS	CA	15/25	M50-59	31:37	31:54	6:23
198	1033	Jenna Nagle	Hammonds Plains	NS	CA	19/47	F20-29	31:27	31:55	6:23
199	1122	Lisa Brookes	Halifax	NS	CA	18/89	F40-49	31:20	31:56	6:24
200	1015	Shannon Monk	Halifax	NS	CA	19/89	F40-49	31:42	31:57	6:24
201	1137	Valerie Tiller	Dartmouth	NS	CA	34/104	F30-39	31:31	31:59	6:24
202	1029	Janice Mackendrick	Middle Sackvill	NS	CA	24/75	F50-59	31:14	31:59	6:24
203	1071	Jonathan San Luis	Toronto	ON	CA	26/47	M40-49	31:41	32:03	6:25
204	1270	Cindy Dyer	Upper Tantallon	NS	CA	25/75	F50-59	31:30	32:04	6:25
205	1377	Aimee Teepell	Antrim	NS	CA	35/104	F30-39	31:34	32:08	6:26
206	1082	Angel McCarthy	Corner Brook	NL	CA	36/104	F30-39	31:48	32:09	6:26
207	1278	Rob Jahncke	Mineville	NS	CA	16/25	M50-59	31:30	32:17	6:28
208	1240	Ian Gaudet	Dartmouth	NS	CA	16/29	M01-19	31:47	32:24	6:29
209	1247	Tammy Knight	Truro	NS	CA	37/104	F30-39	32:24	32:30	6:30
210	1587	Jennifer Hall	Dartmouth	NS	CA	38/104	F30-39	32:29	32:31	6:31
211	1334	Laureen Hansford	Timberlea	NS	CA	20/89	F40-49	32:29	32:31	6:31
212	1053	Krystol Bell	Kentville	NS	CA	39/104	F30-39	32:18	32:33	6:31

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
213	1668	Jerry Aguinaga	Upper Tantallon	NS	CA	17/25	M50-59	32:08	32:33	6:31
214	1360	Gene Collins	Dartmouth	NS	CA	21/89	F40-49	31:40	32:35	6:31
215	1336	Carolyn Baker	Kentville	NS	CA	22/89	F40-49	32:16	32:35	6:31
216	1106	Roy Banks	Kingston	NS	CA	18/25	M50-59	32:17	32:37	6:32
217	1379	Erika Richards	Hammonds Plains	NS	CA	40/104	F30-39	32:08	32:41	6:33
218	1299	Sean Carroll	Dartmouth	NS	CA	27/47	M40-49	32:09	32:46	6:34
219	1258	Ted Hicket	Iqaluit	NU	CA	28/47	M40-49	32:21	32:46	6:34
220	1182	Cailey Jamieson	Port Hawkesbury	NS	CA	9/29	F01-19	32:23	32:50	6:34
221	1378	Tracy Dewolfe	Fall River	NS	CA	23/89	F40-49	32:20	32:53	6:35
222	1061	Helena Oldreive	Mineville	NS	CA	41/104	F30-39	32:46	32:55	6:35
223	1289	Alyssa Edmonds	Halifax	NS	CA	20/47	F20-29	32:33	32:57	6:36
224	1221	McKenna Jessica	Waverley	NS	CA	10/29	F01-19	32:50	33:06	6:38
225	1163	Katia Younger	Dartmouth	NS	CA	24/89	F40-49	32:44	33:07	6:38
226	1563	Joliene Stockley	Dartmouth	NS	CA	42/104	F30-39	32:48	33:12	6:39
227	1142	Linda Miles	Sydney Forks	NS	CA	5/16	F60-69	32:45	33:12	6:39
228	1328	Nancy Heath	Albuquerque	NM	US	6/16	F60-69	32:56	33:13	6:39
229	1599	Jillian Alexander	Halifax	NS	CA	25/89	F40-49	32:35	33:29	6:42
230	1600	Mike MacPhail	Dartmouth	NS	CA	29/47	M40-49	32:35	33:29	6:42
231	1226	Ethan Weir	Riverview	NB	CA	17/29	M01-19	33:12	33:31	6:43
232	1223	Jillian Callaghan	Halifax	NS	CA	43/104	F30-39	32:44	33:31	6:43
233	1259	Colby Hickey	Iqaluit	NU	CA	18/29	M01-19	33:21	33:35	6:43
234	1117	Gary Huett	Coldbrook Stati	NS	CA	6/11	M60-69	33:08	33:41	6:45
235	1012	Lauren Cullen	Halifax	NS	CA	44/104	F30-39	33:34	33:41	6:45
236	1044	Bethany Miles	Bedford	NS	CA	26/75	F50-59	33:27	33:45	6:45
237	1046	Claire Kidd	Fall River	NS	CA	27/75	F50-59	33:27	33:45	6:45
238	1250	Joanne Hussey	Halifax	NS	CA	45/104	F30-39	32:56	33:49	6:46
239	1492	Risini Weeratna	Ottawa	ON	CA	28/75	F50-59	32:56	33:51	6:46
240	1227	Thomas Weir	Riverview	NB	CA	19/29	M01-19	33:36	33:54	6:47
241	1228	Craig Weir	Riverview	NB	CA	30/47	M40-49	33:36	33:54	6:47
242	1147	Peter Briand	Halifax	NS	CA	31/47	M40-49	33:10	33:55	6:47
243	1108	Elizabeth Miller	Fall River	NS	CA	26/89	F40-49	33:36	33:59	6:48
244	686	Andrew Barbour	Halifax	NS	CA	32/47	M40-49	33:47	34:02	6:49
245	1121	Tracy Belliveau	Timberlea	NS	CA	27/89	F40-49	33:41	34:04	6:49
246	1047	Emily Wilson	Halifax	NS	CA	21/47	F20-29	33:23	34:04	6:49
247	1590	Thomas Kennedy	Bedford	NS	CA	11/29	F01-19	33:32	34:09	6:50
248	1589	Marlo Kennedy	Bedford	NS	CA	46/104	F30-39	33:33	34:10	6:50
249	1386	Maureen Camp	Waverley	NS	CA	29/75	F50-59	33:35	34:10	6:50
250	1586	Andrew Mitchell	Halifax	NS	CA	33/47	M40-49	34:01	34:13	6:51
251	1010	Jacki Warren	Manganese Mines	NS	CA	28/89	F40-49	34:10	34:17	6:52
252	1660	Jill Aldred	West Pubnico	NS	CA	47/104	F30-39	33:42	34:17	6:52
253	1353	Murielle Major	Dartmouth	NS	CA	48/104	F30-39	33:57	34:20	6:52
254	1198	Michelle Wilson	Dartmouth	NS	CA	30/75	F50-59	33:58	34:27	6:54
255	1023	Michele D Mitchell	Conquerall Bank	NS	CA	31/75	F50-59	33:49	34:29	6:54
256	1036	Jessica Burchell	Bedford	NS	CA	49/104	F30-39	34:09	34:31	6:55
257	1081	Richard Chipman	Truro	NS	CA	19/25	M50-59	34:04	34:35	6:55
258	1143	Alison MacKenzie	Dartmouth	NS	CA	50/104	F30-39	33:59	34:35	6:55
259	1225	Nadja Zinck	Hammonds Plains	NS	CA	51/104	F30-39	33:49	34:36	6:56
260	1515	Laurie Bennett	Upper Tantallon	NS	CA	32/75	F50-59	33:58	34:37	6:56
261	1139	Kimberly Chu	Bedford	NS	CA	52/104	F30-39	33:59	34:37	6:56
262	1136	Angie Arsenaault	Bedford	NS	CA	53/104	F30-39	33:59	34:37	6:56
263	1277	Lisa Jahncke	Mineville	NS	CA	29/89	F40-49	33:56	34:43	6:57
264	1296	Beth Woodward	Enfield	NS	CA	54/104	F30-39	34:22	34:45	6:57
265	1132	Sophie Vienneau	Moncton	NB	CA	55/104	F30-39	34:24	34:46	6:58

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
266	1553	Sherry Carter	Dartmouth	NS	CA	30/89	F40-49	34:35	34:49	6:58
267	1543	Sascha Raven	Bedford	NS	CA	20/29	M01-19	34:55	34:58	7:00
268	1207	Eleanor Seaman-Bolton	Fall River	NS	CA	33/75	F50-59	34:03	35:01	7:01
269	1276	Perriann Wyatt	Beaverbank	NS	CA	56/104	F30-39	34:23	35:05	7:01
270	1664	Michael-Lucien Bergeron	Halifax	NS	CA	10/14	M20-29	34:45	35:06	7:02
271	1544	Keiko Fukuda-Raven	Bedford	NS	CA	31/89	F40-49	35:03	35:06	7:02
272	1339	Ashlyn O'Reilly	Cole Harbour	NS	CA	12/29	F01-19	34:37	35:09	7:02
273	1129	Sherry MacKenzie Jenniso	Kentville	NS	CA	7/16	F60-69	34:40	35:14	7:03
274	170	Ria Dixon	Canning	NS	CA	32/89	F40-49	34:53	35:17	7:04
275	1275	Ron McKenzie	Waverley	NS	CA	20/25	M50-59	34:37	35:18	7:04
276	1364	Sierra Hedges	Middle Sackvill	NS	CA			35:07	35:19	7:04
277	1281	Mayannda Webber	Eastern Passage	NS	CA	57/104	F30-39	34:25	35:20	7:04
278	1374	Lindsey Parnell	Bridgewater	NS	CA	58/104	F30-39	34:32	35:21	7:04
279	1110	Brian Lowe	Dartmouth	NS	CA	7/11	M60-69	35:01	35:25	7:05
280	1601	Angela Nicoletti	Eastern Passage	NS	CA	33/89	F40-49	35:18	35:31	7:07
281	1343	Trish (patricia) Joudrey	Halifax	NS	CA	8/16	F60-69	35:23	35:39	7:08
282	1031	Britteny Noseworthy	Mary's Town	NL	CA	13/29	F01-19	35:20	35:45	7:09
283	1030	Lisa Noble	Middle Sackvill	NS	CA	59/104	F30-39	35:20	35:46	7:09
284	687	Latricia McNeill	Hammonds Plains	NS	CA	34/89	F40-49	35:01	35:49	7:10
285	693	Brad Battiste	Hammonds Plains	NS	CA	34/47	M40-49	35:00	35:49	7:10
286	168	Elaine Gammon	Antigonish	NS	CA	34/75	F50-59	35:42	35:51	7:11
287	1020	Shawn Winters	Victoria	MN	US	35/47	M40-49	35:25	35:53	7:11
288	1186	Becky Winters	Victoria	MN	US	35/89	F40-49	35:25	35:53	7:11
289	1051	Jeanette Pye (tardif)	Dartmouth	NS	CA	22/47	F20-29	35:48	35:54	7:11
290	1059	Erin Harrison	Dartmouth	NS	CA	23/47	F20-29	35:16	35:55	7:11
291	1512	Pam Baker	Lower Sackville	NS	CA	36/89	F40-49	35:20	35:57	7:12
292	1262	Keri McLeod	Dartmouth	NS	CA	60/104	F30-39	35:28	35:57	7:12
293	1027	Shelley Gilligan	Bedford	NS	CA	37/89	F40-49	35:48	36:07	7:14
294	1510	Heather Travis	Timberlea	NS	CA	35/75	F50-59	35:56	36:13	7:15
295	1506	Wanda Isaacs	Mulgrave	NS	CA	38/89	F40-49	36:11	36:21	7:17
296	1570	Suzanne Boudreau	Dartmouth	NS	CA	39/89	F40-49	35:38	36:30	7:18
297	1568	Pamela Meaney-Pieroway	Wabush	NL	CA	40/89	F40-49	35:47	36:30	7:18
298	1208	Cathy MacPhee	Timberlea	NS	CA	36/75	F50-59	36:18	36:35	7:19
299	1552	Christina Sands	Timberlea	NS	CA	61/104	F30-39	36:18	36:35	7:19
300	1509	Wendy Boutilier	Timberlea	NS	CA	41/89	F40-49	36:18	36:35	7:19
301	1214	Danielle Marchand	Timberlea	NS	CA	62/104	F30-39	35:44	36:36	7:20
302	1179	Dan Nordqvist	Hammonds Plains	NS	CA	36/47	M40-49	36:21	36:36	7:20
303	1487	Cameron Brown	Hammonds Plains	NS	CA	21/29	M01-19	36:11	36:36	7:20
304	1551	Dae Uk Song	Toronto	ON	CA	11/14	M20-29	36:17	36:37	7:20
305	1536	Marian Mancini	Dartmouth	NS	CA	9/16	F60-69	35:47	36:43	7:21
306	1350	Peter Neville	Dartmouth	NS	CA	37/47	M40-49	36:04	36:43	7:21
307	1351	Sarah Neville	Dartmouth	NS	CA	14/29	F01-19	36:04	36:43	7:21
308	1201	Geyle Cabacungan	Halifax	NS	CA	63/104	F30-39	36:19	36:44	7:21
309	1035	Natalie Macdonald	Hammonds Plains	NS	CA	42/89	F40-49	36:48	36:48	7:22
310	1091	Stacey Turner	Dartmouth	NS	CA	43/89	F40-49	36:01	36:49	7:22
311	1234	Amanda Pracz	Mt Uniacke	NS	CA	24/47	F20-29	36:29	36:51	7:23
312	1096	Kendra Sheppard	Dartmouth	NS	CA	25/47	F20-29	36:29	36:52	7:23
313	1598	Kerrienne Ryan	Halifax	NS	CA	64/104	F30-39	36:06	36:53	7:23
314	1338	Trudi Smith	Dartmouth	NS	CA	44/89	F40-49	36:24	36:55	7:23
315	1144	Kim Best	Cambridge Stati	NS	CA	37/75	F50-59	36:34	36:58	7:24
316	1538	Jacentea Kerlow	Toronto	ON	CA	26/47	F20-29	36:03	36:59	7:24
317	1322	Alex Whiting	Hammonds Plains	NS	CA	22/29	M01-19	36:12	37:00	7:24
318	1045	Dorothy Dunnington	Fall River	NS	CA	38/75	F50-59	36:42	37:00	7:24

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
319	1365	Anthony Sparks	Dartmouth	NS	CA	38/47	M40-49	36:12	37:01	7:25
320	1233	Ever McDonald	Crousés Settlem	NS	CA	15/29	F01-19	36:18	37:02	7:25
321	1539	Tanya Fraser	Dartmouth	NS	CA	65/104	F30-39	36:13	37:02	7:25
322	1229	Nicole Williams	Bridgewater	NS	CA	66/104	F30-39	36:18	37:02	7:25
323	699	Jack Pauley	Valley	NS	CA	23/29	M01-19	36:54	37:09	7:26
324	698	Treasa Pauley	Valley	NS	CA	67/104	F30-39	36:53	37:09	7:26
325	1145	Heather Foote	Conquerall Mill	NS	CA	39/75	F50-59	36:44	37:14	7:27
326	1253	Sarah Lyons	North Chegoggin	NS	CA	16/29	F01-19	37:00	37:16	7:28
327	1252	Natalie Horton	North Chegoggin	NS	CA	40/75	F50-59	37:00	37:16	7:28
328	678	Sasha Conrad	Mahone Bay	NS	CA	68/104	F30-39	36:36	37:18	7:28
329	1231	Holly McDonald	Crousés Settlem	NS	CA	69/104	F30-39	36:35	37:19	7:28
330	1659	Myles Faulkner	Musquodoboit Ha	NS	CA	21/25	M50-59	36:31	37:20	7:28
331	690	Brian Veniot	Musquodoboit Ha	NS	CA	22/25	M50-59	36:33	37:20	7:28
332	1349	Charlene Moore	Dartmouth	NS	CA	45/89	F40-49	36:44	37:22	7:29
333	1313	Ronald Carter	Halifax	NS	CA	12/14	M20-29	37:00	37:24	7:29
334	1074	Jeffrey Roy	Halifax	NS	CA	23/25	M50-59	36:51	37:34	7:31
335	1086	Carolyn Hamer	Dartmouth	NS	CA	41/75	F50-59	37:18	37:35	7:31
336	694	Karen Kearney	Lower Sackville	NS	CA	70/104	F30-39	37:16	37:36	7:32
337	108	Judy Herbert	Dartmouth	NS	CA	46/89	F40-49	37:17	37:39	7:32
338	1001	Paula Faulkner	Musquodoboit Ha	NS	CA	42/75	F50-59	36:55	37:43	7:33
339	1684	Jana MacDonald	Halifax	NS	CA	71/104	F30-39	36:51	37:45	7:33
340	1574	Brenda Raynes	Truro Heights	NS	CA	47/89	F40-49	37:36	37:49	7:34
341	174	Marc Pye	Dartmouth	NS	CA	13/14	M20-29	37:43	37:50	7:34
342	1256	Katie MacDonald	Bridgewater	NS	CA	72/104	F30-39	37:09	37:53	7:35
343	1205	Brad Aucoin	Lower Sackville	NS	CA	39/47	M40-49	36:58	37:53	7:35
344	1073	Melanie Marois	Dartmouth	NS	CA	73/104	F30-39	37:21	37:54	7:35
345	1257	Shannon Nearing	Halifax	NS	CA	43/75	F50-59	37:32	38:02	7:37
346	1249	Teresa McCulloch	Kanata	ON	CA	74/104	F30-39	37:05	38:02	7:37
347	1279	Chrystal McNeil	Halifax	NS	CA	75/104	F30-39	37:29	38:04	7:37
348	1019	Cathy Chu	Oakville	ON	CA	76/104	F30-39	37:29	38:04	7:37
349	1356	Lauren Cox	Toronto	ON	CA	27/47	F20-29	37:35	38:06	7:38
350	1206	Sonya Silver	Williamswood	NS	CA	48/89	F40-49	37:24	38:06	7:38
351	1211	Eric Valois	Hammonds Plain	NS	CA	40/47	M40-49	37:57	38:26	7:41
352	183	Jennifer Mason	Bridgewater	NS	CA	77/104	F30-39	37:51	38:35	7:43
353	1561	Nicole Mason	Dartmouth	NS	CA	17/29	F01-19	37:51	38:35	7:43
354	1049	Erin Thibault	Dartmouth	NS	CA	78/104	F30-39	38:19	38:39	7:44
355	681	Julie Custance	Dartmouth	NS	CA	49/89	F40-49	37:40	38:40	7:44
356	1245	Branko Mizerit	Halifax	NS	CA	2/4	M70+	38:13	38:42	7:45
357	1104	Lisa Loomer	Middle Sackvill	NS	CA	79/104	F30-39	37:47	38:48	7:46
358	1686	Bryana Baker	Bradenton	NS	CA	28/47	F20-29	38:16	38:49	7:46
359	1667	Joy Griffiths	Dartmouth	NS	CA	29/47	F20-29	38:28	39:08	7:50
360	1215	Ashley Ritter	Dartmouth	NS	CA	30/47	F20-29	38:20	39:08	7:50
361	1295	Christian Stalley	Halifax	NS	CA	50/89	F40-49	38:46	39:11	7:51
362	1017	Amy Major	Nine Mile River	NS	CA	80/104	F30-39	39:07	39:16	7:52
363	1540	Allana Moore	Milford	NS	CA	81/104	F30-39	39:08	39:16	7:52
364	1340	Shaelee O'Reilly	Cole Harbour	NS	CA	24/29	M01-19	38:46	39:18	7:52
365	1548	Audrey Norton	Bedford	NS	CA	51/89	F40-49	38:48	39:28	7:54
366	1562	Elaine Shortt	Bedford	NS	CA	44/75	F50-59	38:48	39:28	7:54
367	1310	Jylene Ryan	Bedford	NS	CA	82/104	F30-39	39:04	39:33	7:55
368	1178	Cathy Andrews	Waverley	NS	CA	45/75	F50-59	39:21	39:38	7:56
369	1146	Angie Banks	Cole Harbour	NS	CA	46/75	F50-59	39:09	39:40	7:56
370	1107	Sandy Banks	Kingston	NS	CA	47/75	F50-59	39:26	39:47	7:58
371	1286	Aiden Flynn Dolliver	Lower Sackville	NS	CA	25/29	M01-19	39:12	39:50	7:58

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
372	1602	Janice Knickle	Tantallon	NS	CA	48/75	F50-59	39:20	39:54	7:59
373	1685	Mary Hart-Baker	Bradenton	NS	CA	49/75	F50-59	39:22	39:54	7:59
374	1242	Bernard Hart	Dartmouth	NS	CA	3/4	M70+	39:22	39:54	7:59
375	1285	Fabian Flynn	Seabright	NS	CA	8/11	M60-69	39:19	39:57	8:00
376	1683	Marc Gallant	Lower Coverdale	NB	CA	41/47	M40-49	39:47	40:00	8:00
377	697	Chris Saunders	Tantallon	NS	CA	42/47	M40-49	39:47	40:01	8:01
378	1583	Dawn Bennett	Upper Tantallon	NS	CA	52/89	F40-49	39:33	40:03	8:01
379	1005	Sarah Wrightly	Dartmouth	NS	CA	83/104	F30-39	39:15	40:04	8:01
380	1673	Patsy Snow	Dartmouth	NS	CA	50/75	F50-59	39:29	40:08	8:02
381	1062	Nancy Tedford-Douglas	Middle Sackvill	NS	CA	53/89	F40-49	39:14	40:09	8:02
382	1099	Jennifer Walker	Eastern Passage	NS	CA	84/104	F30-39	39:33	40:14	8:03
383	1238	Catherine Thompson	Dartmouth	NS	CA	51/75	F50-59	40:01	40:20	8:04
384	1123	Aaron Legge	Dartmouth	NS	CA	24/28	M30-39	39:45	40:22	8:05
385	1363	Madison Hedges	Middle Sackvill	NS	CA			40:22	40:34	8:07
386	171	Susan Horton	Halifax	NS	CA	54/89	F40-49	40:00	40:37	8:08
387	1180	Sara Nordqvist	Hammonds Plains	NS	CA	55/89	F40-49	40:27	40:42	8:09
388	1042	Jennifer Cayouette	Halifax	NS	CA	31/47	F20-29	40:23	41:04	8:13
389	1066	Danica Richard	Halifax	NS	CA	32/47	F20-29	40:24	41:04	8:13
390	1170	Amie Zinck	East Lahave	NS	CA	33/47	F20-29	40:26	41:05	8:13
391	1554	Mary Hall	Dartmouth	NS	CA	52/75	F50-59	40:25	41:08	8:14
392	1555	Monique Casta	Dartmouth	NS	CA	56/89	F40-49	40:25	41:08	8:14
393	1235	Cindy Larade	Dartmouth	NS	CA	85/104	F30-39	40:33	41:13	8:15
394	1159	Paul Bishop	Dartmouth	NS	CA	24/25	M50-59	40:33	41:14	8:15
395	1319	Nolan Butt	Lower Sackville	NS	CA	26/29	M01-19	40:51	41:35	8:19
396	1318	Dawn Butt	Lower Sackville	NS	CA	86/104	F30-39	40:53	41:36	8:20
397	1335	Courtney Murphy	Ep	NS	CA	34/47	F20-29	41:30	41:36	8:20
398	1516	Alma Gardner-Norton	Hubley	NS	CA	53/75	F50-59	41:09	41:42	8:21
399	1582	Brian Allaway	Upper Tantallon	NS	CA	9/11	M60-69	41:17	41:45	8:21
400	1382	Kristal Leblanc	Moncton	NB	CA	87/104	F30-39	41:05	41:54	8:23
401	1175	Dylan Tobin	Cow Bay	NS	CA	27/29	M01-19	41:50	41:59	8:24
402	1330	Michelle Savard	Dartmouth	NS	CA	54/75	F50-59	41:39	42:17	8:28
403	695	Janine Hagerman	Dartmouth	NS	CA	55/75	F50-59	41:51	42:17	8:28
404	1671	Kelly Turple	Lake Charlotte	NS	CA	57/89	F40-49	41:53	42:24	8:29
405	1084	Na Eun Han	Toronto	ON	CA	35/47	F20-29	42:05	42:25	8:29
406	1173	Michele Tobin	Cow Bay	NS	CA	58/89	F40-49	42:17	42:26	8:30
407	1300	Carri Barnes	Timberlea	NS	CA	88/104	F30-39	41:35	42:37	8:32
408	1284	Sean Ryan	Antigonish	NS	CA	43/47	M40-49	41:47	42:39	8:32
409	1578	David Zinck	Dartmouth	NS	CA	44/47	M40-49	41:47	42:39	8:32
410	1154	Jacqui Dumas	Dartmouth	NS	CA	1/6	F70+	42:40	42:44	8:33
411	1191	Melissa Hill	Enfield	NS	CA	89/104	F30-39	42:29	42:47	8:34
412	1157	Kristina Chapman	Halifax	NS	CA	59/89	F40-49	42:25	42:59	8:36
413	1166	Anja Clyke	Dartmouth	NS	CA	60/89	F40-49	42:27	43:10	8:38
414	1267	Cathy Sarty	Dartmouth	NS	CA	56/75	F50-59	42:57	43:16	8:39
415	1535	Emma Larkin	Yarmouth Co	NS	CA	18/29	F01-19	42:56	43:17	8:40
416	1288	Stacey Noseworthy	Dutch Settlemen	NS	CA	90/104	F30-39	42:51	43:27	8:42
417	1331	Emily Seward-Hunt	Dartmouth	NS	CA	19/29	F01-19	42:50	43:28	8:42
418	1595	Andrew Paris	Dartmouth	NS	CA	25/28	M30-39	43:10	43:55	8:47
419	1004	Maxine Britten	East Lawrenceto	NS	CA	57/75	F50-59	43:09	44:01	8:49
420	1569	Pam Bergeron	Dartmouth	NS	CA	61/89	F40-49	43:04	44:02	8:49
421	1532	Renee Woodworth	Dartmouth	NS	CA	58/75	F50-59	43:57	44:10	8:50
422	1585	Elden Veniot	Eastern Passage	NS	CA	45/47	M40-49	43:38	44:13	8:51
423	1133	Jennifer Mackendrick	Middle Sackvill	NS	CA	36/47	F20-29	43:28	44:13	8:51
424	1657	Nancy MacDonald	Dartmouth	NS	CA	62/89	F40-49	43:48	44:28	8:54



**EPIC Canadian 5K**  
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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
425	1323	Josie Whiting	Hammonds Plains	NS	CA	20/29	F01-19	43:55	44:43	8:57
426	1152	Cindy Morash	Eastern Passage	NS	CA	63/89	F40-49	44:00	44:43	8:57
427	1573	Courtney Best	Truro Heights	NS	CA	37/47	F20-29	44:31	44:43	8:57
428	1368	Lesley Fraser	Bedford	NS	CA	59/75	F50-59	44:15	44:48	8:58
429	1128	Faith O'Reilly	Cole Harbour	NS	CA	64/89	F40-49	44:16	44:48	8:58
430	1274	Laura Branchaud	Dartmouth	NS	CA	60/75	F50-59	44:16	44:48	8:58
431	1361	Lillis McInnis	Cole Harbour	NS	CA	10/16	F60-69	45:13	45:22	9:05
432	1213	Danielle Pittman	Halifax	NS	CA	21/29	F01-19	45:17	45:24	9:05
433	1298	Peter Scott	Dartmouth	NS	CA	4/4	M70+	45:02	45:50	9:10
434	1294	Lori Gilbert	Timberlea	NS	CA	65/89	F40-49	45:12	45:54	9:11
435	1216	Patricia Hodder	West Bay Centre	NL	CA	2/6	F70+	45:56	46:10	9:14
436	1075	Tobi Harris	Newnan	GA	US	66/89	F40-49	45:12	46:12	9:15
437	1230	Andy During	Dartmouth	NS	CA	10/11	M60-69	45:32	46:13	9:15
438	1194	Andrea Henderson	Dartmouth	NS	CA	91/104	F30-39	45:55	46:34	9:19
439	1682	Kiera Brillinger	Grand Lake	NS	CA	22/29	F01-19	46:20	46:45	9:21
440	1321	Danielle Evans	Hammonds Plains	NS	CA	67/89	F40-49	45:58	46:45	9:21
441	1383	Dave Whiting	Hammonds Plains	NS	CA	26/28	M30-39	45:58	46:45	9:21
442	1594	Rebecca Burke	West Petpeswick	NS	CA	38/47	F20-29	46:03	47:00	9:24
443	1016	Chantelle White-Evans	Porters Lake	NS	CA	68/89	F40-49	46:05	47:02	9:25
444	1537	Aisha Mamaril	Winnipeg	MB	CA	92/104	F30-39	46:06	47:03	9:25
445	1316	Nicole Leon	Dartmouth	NS	CA	39/47	F20-29	46:41	47:03	9:25
446	1237	Ginette Mailloux	Hammonds Plains	NS	CA	69/89	F40-49	46:53	47:11	9:27
447	1597	Holly Babin	Halifax	NS	CA	93/104	F30-39	46:58	47:45	9:33
448	1109	Kim Gaudet	Dartmouth	NS	CA	70/89	F40-49	47:18	47:54	9:35
449	1282	Jamie Nora Swain	Eastern Passage	NS	CA	40/47	F20-29	47:06	48:01	9:37
450	1308	Anna Carter	Lawrencetown	NS	CA	71/89	F40-49	47:34	48:04	9:37
451	175	Ferne Welsman	Dartmouth	NS	CA	61/75	F50-59	47:17	48:09	9:38
452	1359	Catherine Marchand-Colli	Dartmouth	NS	CA	72/89	F40-49	47:16	48:11	9:39
453	1085	Kimberley Field	Timberlea	NS	CA	94/104	F30-39	47:16	48:11	9:39
454	1533	Terra Eldridge	Middle Sackvill	NS	CA	95/104	F30-39	47:23	48:16	9:40
455	1579	Gina Lacuesta	Halifax	NS	CA	73/89	F40-49	47:43	48:27	9:42
456	1580	Pia Lacuesta	Halifax	NS	CA	23/29	F01-19	47:43	48:28	9:42
457	1009	Kim Clark	Dartmouth	NS	CA	62/75	F50-59	47:44	48:38	9:44
458	1546	Samantha Hemphill	Newnan	GA	US	74/89	F40-49	48:14	48:41	9:45
459	1149	Sonya May	Lawrencetown	NS	CA	75/89	F40-49	48:29	48:43	9:45
460	1148	Liza Luddington	Moncton	NB	CA	76/89	F40-49	48:32	48:45	9:45
461	1567	Rebecca House	Beaver Bank	NS	CA	24/29	F01-19	48:05	49:05	9:49
462	1161	Clint Isenor	Enfield	NS	CA	25/25	M50-59	48:29	49:05	9:49
463	1332	Judi Hoggarth	Halifax	NS	CA	11/16	F60-69	48:05	49:05	9:49
464	1160	Angela Isenor	Enfield	NS	CA	77/89	F40-49	48:29	49:05	9:49
465	1304	Sarah Nickerson	Chuo-Ku Kobe		JP	41/47	F20-29	48:44	49:18	9:52
466	1236	Amy Langdon	Halifax	NS	CA	42/47	F20-29	48:26	49:23	9:53
467	1052	Laura Baker	Middle Sackvill	NS	CA	96/104	F30-39	49:24	49:24	9:53
468	1674	Tara Legge	Shearwater	NS	CA	78/89	F40-49	48:58	49:39	9:56
469	1591	Meredith Chamberlain	Timberlea	NS	CA	79/89	F40-49	48:55	49:52	9:59
470	1158	Brandy Flynn-Dolliver	Lower Sackville	NS	CA	97/104	F30-39	49:11	49:55	9:59
471	1112	Natasha Flynn	Seabright	NS	CA	98/104	F30-39	49:12	49:55	9:59
472	1111	Trudy Flynn	Seabright	NS	CA	12/16	F60-69	49:12	49:56	10:00
473	1273	Emily Fricker	Dartmouth	NS	CA	43/47	F20-29	49:07	50:06	10:02
474	1528	Lynne Conrad	Hammonds Plains	NS	CA	80/89	F40-49	50:12	50:20	10:04
475	1681	Jane Brillinger Kuhlmann	Grand Lake	NS	CA	63/75	F50-59	50:08	50:35	10:07
476	1196	Cameron Gunnell	Eastern Passage	NS	CA	28/29	M01-19	49:46	50:42	10:09
477	1195	Susan Gunnell	Eastern Passage	NS	CA	81/89	F40-49	49:48	50:43	10:09

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Place	Bib #	Name	City/Town	Prov	Co.	Div Total	Div	Chip Time	Gun Time	Pace/Km
478	1151	Mark Salsman	Dartmouth	NS	CA	46/47	M40-49	50:05	50:55	10:11
479	1150	Holly Salsman	Dartmouth	NS	CA	82/89	F40-49	50:05	50:55	10:11
480	1303	Sheila Morris	Bedford	NS	CA	64/75	F50-59	50:28	51:01	10:13
481	1153	Isabel MacVicar	Dartmouth	NS	CA	3/6	F70+	50:45	51:01	10:13
482	1272	Heather Morrison	Dartmouth	NS	CA	99/104	F30-39	50:08	51:08	10:14
483	1103	Amber Collins-Grimmer	Timberlea	NS	CA	100/104	F30-39	50:18	51:20	10:16
484	1169	Cynthia Fenwick	Boutiliers Poin	NS	CA	83/89	F40-49	50:38	51:31	10:19
485	1523	Leland Graves	Dartmouth	NS	CA	29/29	M01-19	50:52	51:43	10:21
486	1521	Brian Graves	Dartmouth	NS	CA	27/28	M30-39	50:51	51:43	10:21
487	1342	Nancy Way	Cow Bay	NS	CA	4/6	F70+	51:05	52:04	10:25
488	1341	Tracy Walker	Cow Bay	NS	CA	84/89	F40-49	51:05	52:04	10:25
489	1156	Laurie White	Dartmouth	NS	CA	65/75	F50-59	51:06	52:05	10:25
490	1155	Mary Smith	Dartmouth	NS	CA	13/16	F60-69	51:06	52:05	10:25
491	1101	Christiane Lonergan	Brookside	NS	CA	66/75	F50-59	52:22	52:22	10:29
492	1530	Jayme Conrad	Hammonds Plains	NS	CA	25/29	F01-19	52:16	52:25	10:29
493	1526	Raven Higney	Dartmouth	NS	CA	26/29	F01-19	51:48	52:39	10:32
494	1522	Morgan Graves	Dartmouth	NS	CA	27/29	F01-19	51:46	52:39	10:32
495	1520	Crystal Graves	Dartmouth	NS	CA	101/104	F30-39	51:48	52:39	10:32
496	1243	Tina Biedenbender	Sugar Land	TX	US	67/75	F50-59	52:26	53:07	10:38
497	1609	Danielle Snow	Bedford	NS	CA	44/47	F20-29	53:24	53:48	10:46
498	1519	Sharon Joyce	Timberlea	NS	CA	68/75	F50-59	54:25	54:29	10:54
499	1244	Cathy Robertson	Dartmouth	NS	CA	69/75	F50-59	53:57	54:46	10:58
500	1095	Marion Bowes	Seabright	NS	CA	14/16	F60-69	55:07	55:07	11:02
501	1305	Craig Bowes	Seabright	NS	CA	11/11	M60-69	55:07	55:07	11:02
502	1527	Carol MacMaster	Dartmouth	NS	CA	85/89	F40-49	54:59	55:58	11:12
503	1168	Ed Chipman	New Glasgow	NS	CA	14/14	M20-29	55:44	56:41	11:21
504	1167	Lena Chipman	Truro	NS	CA	70/75	F50-59	55:44	56:41	11:21
505	1352	Margie Murphy	Eastern Passage	NS	CA	71/75	F50-59	56:07	56:53	11:23
506	1165	Tara McConnachie	Lower Sackville	NS	CA	102/104	F30-39	56:42	57:35	11:31
507	1677	Kaitlyn Beaver	Dartmouth	NS	CA	45/47	F20-29	57:29	58:19	11:40
508	696	Deanna Beaver	Dartmouth	NS	CA	46/47	F20-29	57:28	58:19	11:40
509	1268	Krista Tremblay	Dartmouth	NS	CA	72/75	F50-59	58:07	58:58	11:48
510	1024	Brian Marshall	Dartmouth	NS	CA	28/28	M30-39	58:58	58:58	11:48
511	1534	Paula Larkin	Yarmouth Co	NS	CA	86/89	F40-49	58:46	59:08	11:50
512	1680	Arwen Brobbin	Yarmouth Co	NS	CA	28/29	F01-19	58:47	59:09	11:50
513	1113	Severine Guitton	Halifax	NS	CA	87/89	F40-49	1:00:00	1:00:00	12:00
514	1076	Stephanie Firlotte	Halifax	NS	CA	73/75	F50-59	1:00:00	1:00:00	12:00
515	1312	Marc Perron	Eastern Passage	NS	CA	47/47	M40-49	59:49	1:00:34	12:07
516	1311	Kelly Perron	Eastern Passage	NS	CA	74/75	F50-59	59:49	1:00:35	12:07
517	1171	Heather Hemphill	Dartmouth	NS	CA	15/16	F60-69	1:01:37	1:02:05	12:25
518	1261	Eryn Harris	Newnan	GA	US	29/29	F01-19	1:01:38	1:02:05	12:25
519	1172	Patricia Rutherford	Lower Sackville	NS	CA	5/6	F70+	1:01:38	1:02:05	12:25
520	1197	Karen Edwards	Eastern Passage	NS	CA	6/6	F70+	1:01:10	1:02:06	12:26
521	700	Beckyanne Brydon	Darmouth	NS	CA	47/47	F20-29	1:01:16	1:02:07	12:26
522	1248	Megan Brydon	Dartmouth	NS	CA	103/104	F30-39	1:01:18	1:02:07	12:26
523	1008	Karen Anne Smith	Middle Sackvill	NS	CA	88/89	F40-49	1:13:38	1:13:38	14:44
524	1541	Jody Hogan	Cow Bay	NS	CA	16/16	F60-69	1:13:13	1:13:59	14:48
525	1542	Bethany Hogan	Cow Bay	NS	CA	104/104	F30-39	1:13:13	1:13:59	14:48
526	1346	Swanzette Mensah	Halifax	NS	CA	89/89	F40-49	1:20:19	1:20:41	16:09
527	1345	Lisa Peck	Dartmouth	NS	CA	75/75	F50-59	1:20:20	1:20:41	16:09